



## Benchmarks in Child Development for Four-Year-Olds

### Parent Tips

Every child develops individually. Benchmarks are to provide awareness of the ages and stages of development. You are your child's best teacher and advocate in learning environments and extra-curricular activities. Become a student of your child to best meet his/her needs.

Benchmarks include:

- Language Development- communication and comprehension skills
- Social/Emotional Development- behavior and relational skills
- Cognitive Development- thinking and problem solving
- Motor Development- physical movement of the body, gross and fine motor skills.

#### **Language Development**

Communicates clearly with others. Retells stories in sentences of five to six words. Masters the basic rules of grammar.

##### Parent Tips

Read a variety of books to your preschooler. Sing songs. Make up rhyming words. Build vocabulary by talking about experiences. Provide pretend play toys. Encourage him to dictate his own stories and illustrate them. Display his work.

#### **Social/Emotional Development**

Cooperates with other children and adults. Seeks to be more independent. Negotiates solutions to conflicts. Seeks new experiences.

##### Parent Tips

Catch your child being good. Provide successes.  
Maintain a consistent routine. Provide choices, within limits.  
Set clear boundaries and consequences.

#### **Cognitive Development**

Follows three-part commands. Understands the concepts of counting. Comprehends the idea of the same and different. Engages in pretend/fantasy play.

##### Parent Tips

Assist in observing surroundings, ask questions and encourage curiosity. Answer your child's questions. Provide building toys (spatial skills), board games (taking turns, sharing), art activities (creativity), role-playing (language development, problem solving), and outdoor play (cooperation, coordination, energy release).

#### **Motor Development**

Hops, balances on each foot, catches bounced ball often. Draws a person with three parts. Copies shapes and some capital letters.

##### Parent Tips

Promote physical activities (biking, swimming, walking, running). Limit screen time!